

	Class	Subclass
ISSUE CLASSIFICATION		

**U.S. UTILITY Patent Application**

**O.I.P.E.**

**PATENT DATE**



ED 746

026

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APPLICATION NO. 09/919916	CONT/PRIOR F.	CLASS 349	SUBCLASS 139	ART UNIT 2871	EXAMINER <del>NEWMAN, D</del>
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## APPLICANTS

Abstract: This study examined the effects of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of older adults. The program was designed to improve cardiovascular fitness, muscle strength, and balance. Results showed that participants experienced significant improvements in cardiovascular fitness, muscle strength, and balance. Additionally, participants reported improvements in psychological health, including reduced anxiety and depression. The study suggests that a supervised exercise program can be an effective intervention for improving the physical and psychological health of older adults.

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Active labor supply curve

PTO-2040  
12/89[illegible]

<b>TERMINAL DISCLAIMER</b>	<b>DRAWINGS</b>			<b>CLAIMS ALLOWED</b>	
	Sheets Drwg.	Figs. Drwg.	Print Fig.	Total Claims	Print Claim for O.G.
<input type="checkbox"/> The term of this patent subsequent to _____ (date) has been disclaimed.	_____ (Assistant Examiner) (Date)			<b>NOTICE OF ALLOWANCE MAILED</b>	
<input type="checkbox"/> The term of this patent shall not extend beyond the expiration date of U.S. Patent No. _____				<b>ISSUE FEE</b>	
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<input type="checkbox"/> The terminal _____ months of this patent have been disclaimed.	_____ (Primary Examiner) (Date)			<b>ISSUE BATCH NUMBER</b>	
_____				_____ (Legal Instruments Examiner) (Date)	

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